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LONDON COUNTY COUNCIL.

Tuberculosis—Residential Treatment—Burrow Hill Sanatorium Colony, Frimley, Surrey.

Hospitals and Medical Services (Hospital Management) Sub-Committee.

REPORT BY MEDICAL OFFICER OF HEALTH.

THE NATIONAL ASSOCIATION FOR THE PREVENTION OF TUBERCULOSIS,

Tavistock House North, Tavistock Square, London, W.C. 1.

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National Association for the Prevention of Tuberculosis

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London, W.C. 1.

3rd January, 1935.

Dear Sir,

In sending out the enclosed brochure compiled from a report issued by the London County Council, the Council of the National Association for the Prevention of Tuberculosis wish to draw the attention of local authorities and others to the facilities offered at Burrow Hill Sanatorium Colony. This Institution is solely devoted to the care of male adolescents of from 13 to 19 years of age, and is staffed and equipped for treatment, education and technical training. The opportunity provided is unique.

The work of this combined school and sanatorium is something entirely new in the way of institutional care and treatment of the tuberculous. Since the inception of the scheme in 1929 excellent results have been obtained, not only in regard to successful treatment, but also in regard to rehabilitation—no less than sixty per cent. of trained youths having been placed in employment. These good results are most strikingly illustrated by the enclosed excerpts from a recent report of the London County Council. It will be seen from these favourable comments that the work of Burrow Hill Colony has been deemed well worth while in respect of the large number of patients sent to the Institution by the London County Council.

The excerpts from the report furnish an admirable account of the scope of the Burrow Hill scheme as well as a convincing testimony of its usefulness. Owing to the large number of patients available from London, the Council has had a better opportunity of trying out the possibilities of the Colony than any other individual authority. The success of the trial is beyond question.

It is hoped that local authorities and others throughout the country may be encouraged by the report to make fuller use of the facilities available at Burrow Hill. In circulating it the Council of the National Association for the Prevention of Tuberculosis trust that you will bring this report to the notice of your Committee.

Yours faithfully,

H. J. Tennant

Chairman of the Colony Committee.

A.B.

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Hospitals and Medical Services (Hospital Management) Sub-Committee.

REPORT BY MEDICAL OFFICER OF HEALTH.

9th November, 1934.

THIS institution, which is maintained by the National Association for the Prevention of Tuberculosis, was reorganized in 1929 for its present purpose, which is to provide combined treatment and training for boys and young men suffering from tuberculous disease. It is unique in this country in the facilities which it offers. As five years have elapsed since the inception of the scheme, it is thought that the Committee may be interested to have a report on its working.

Tuberculosis in youth and adolescence deserves special consideration, since the disease is particularly deadly at the younger ages. The onset of tuberculosis at this time of life is also a serious matter sociologically, as it usually prevents the training for an occupation which normally should take place soon after passing the school age, and even when recovery in young people is sufficiently complete to warrant an entrance into competitive commercial life there is considerable risk of relapse.

Burrow Hill Colony offers the most perfect form of after-care imaginable, namely, life for one or two years under sanatorium

conditions, combined with a specialized education. These young patients have one great advantage over their seniors in that during the period of treatment and training they are free from domestic worries, cares of a home, and anxiety about dependents, which so often, by preventing a patient from giving his whole mind to his treatment, detracts from his chances of recovery.

Burrow Hill Colony gives at one and the same time the essentials of a sanatorium and the educational life of a well-organized school. The ages of the students vary from 14 to 20. The institution strikes a visitor at first sight as being a combination of a school and a horticultural college. The site for the colony is admirably chosen, being at the foot of Chobham Ridges.

The buildings include open-air dormitories, lecture and classrooms, a playing field, a recreation room with a stage large enough for the production of concerts and plays by the students. The grounds provide ample facilities for the practical side of a horticultural training, and a mixed farm provides the institution with milk, eggs, vegetables, etc.

Curriculum of Technical Education.

(1) *Gardening.*—The curriculum in garden work deals with types of soil and their treatment, the cultivation of vegetables, herbaceous and bedding plants, ornamental trees and shrubs, the propagation, culture and treatment of fruit, the recognition and treatment of insect pests and fungoid diseases, the principles of ornamental and landscape gardening, and the general management of frames and glasshouses. Carpentry, incidental to garden work, is also included in this course.

(2) *Clerical work.*—This includes :

- (*a*) The elementary principles of book-keeping.
- (*b*) Shorthand.
- (*c*) Typewriting.
- (*d*) Business methods, commercial correspondence and office routines.

(3) *General education.*

(*a*) English (including the study of literature).
(*b*) History.
(*c*) Economic geography.
(*d*) Arithmetic.

This course of instruction permits youths to continue their general education during their period of residence. Whilst this is regarded as desirable for all the students, it is essential for those engaged in clerical work if they are to derive full benefit from the technical education.

The choice of training is determined in part by the inclination of the patient or the wishes of his parents, and in part by the circumstances of the individual patient. Some forms of illness benefit markedly by outdoor work and exercise, whilst others respond more favourably to an indoor life. A special instance of the suitability of a sedentary life is afforded by the tuberculous cripple, who is quite unsuitable for forms of employment demanding physical activity. The standard of instruction is thorough—a thoroughness made possible by the educational basis upon which these courses rest. The gardening youths have lectures and theoretical work in addition to practical training. The high standard of the theoretical instruction is shown by the success attained by students who have studied for the examination of the Royal Horticultural Society. This year and last, all those who entered took a certificate, and one candidate in last year's examination tied for first place, thus gaining a silver medal open to students from all parts of England. This youth had great powers of application, as well as keen interest in his work, and is now working in London under the Council's Parks Scheme. This striking success illustrates the excellent opportunities for instruction afforded by the garden training at Burrow Hill.

The clerical course is also of a most thorough order. Skilled tuition is available in shorthand, typewriting, book-keeping and business methods, in addition to a sound general education. Students in this course take the examinations set by Pitman's

Institute for Shorthand, and in other subjects they sit for the examinations prescribed by the Royal Society of Arts. The standard of work is quite comparable with that attained in training centres in the world outside, allowing for the fact that a considerable number of the students are hindered by the necessity of making up educational leeway. The percentage of passes in all examinations is gratifyingly high.

Co-operation of the Colony with the London County Council Parks Department.

A most interesting and valuable aspect of the association of the London County Council with this colony is an agreement whereby the Parks Department allots five of its vacancies every year to young men trained at the colony who fulfil the necessary qualifications. The standard required both from the point of view of health and technical capacity is high. It has not been possible, so far, to take the fullest advantage of the Council's offer of work, but the several young men who have entered the London County Council's service from the colony have proved a conspicuous success. For these young sufferers from tuberculosis, the association of the colony with the Council has been of incalculable value, and is an interesting example of the successful co-operation of a public authority with a voluntary organization. A brief review of the records of four of these young L.C.C. servants may be of interest, and are a good example of the colony's work.

The ages given are those on admission to the colony.

M—, aged 15.—Messenger in a small shop, earning 10*s.* per week with board and lodging.

Admitted to High Wood Hospital 28.viii.28, suffering from right pleural effusion and some disease of upper lobe of the right lung. He did well at High Wood and was discharged fully convalescent on 28.v.29, the disease being quiescent.

He was admitted to Burrow Hill 28.v.29, and began life there with 3 hours' work in the gardens and 2 hours' general

education daily. Progress was satisfactory, and in April, 1930, he was advanced to 6 hours a day in the gardens. On completion of his two years at Burrow Hill, 23.v.31, he was discharged with a good record as to capacity, character, intelligence and health. He was then taken on by the L.C.C. Parks Department. He continued to do well, proving himself in his new sphere willing, industrious, keen, and in every respect satisfactory. (Reports dated 23.xi.31, 2.i.34 and 5.x.34.) Health fully maintained. Present wages £2 16*s.* 9*d.* per week.

P—, *aged* 15.—Messenger at 13*s.* a week. One of a very poor but respectable family.

Admitted to Burrow Hill 4.vi.29. He then had tuberculous glands of the neck, and signs of an old tuberculous infection in both lungs. For five years previous to admission he had been in and out of open-air schools and sanatoria. On admission to Burrow Hill his general health was reasonably good, he was apyrexial and convalescent. He made uninterrupted progress at Burrow Hill, worked well and showed capacity. He was discharged on 23.xii.31, after 2½ years' treatment and training. He entered the L.C.C. Parks service 31.xii.31. Present wages £2 1*s.* 5*d.* per week.

The L.C.C. report of 1.i.34 stated that he was well spoken of and appeared anxious to do well, but was not as strong physically as some of the other Burrow Hill boys. A recent report (5.x.34) states that he has shown improvement, can handle tools, and is becoming very useful, but that improvement in time-keeping is needed.

B—, *aged* 16.—A fish smoker, one of a poor family, partly on relief.

Admitted to Burrow Hill 24.vii.29. Before admission he had been five months in Godalming Sanatorium, and had been discharged with quiescent disease of the upper lobe of the right lung. He showed aptitude for gardening work and, maintaining his health, completed the two years' course.

He was discharged 19.ix.31 and entered the L.C.C. Parks service. The Parks Department reports of 1.i.34 and 5.x.34 state that he is keen, energetic, takes great interest in his work and is likely to become an efficient member of the staff, and that he will be considered for permanent appointment in due course. Present wages £2 16*s.* 9*d.* per week.

T—, aged 17.—Page-boy at cinema at 9*s.* a week. Poor but respectable family.

Admitted Burrow Hill 10.xi.31. Before admission he was in Brompton Hospital for a month and in Grove Park Sanatorium for five months with a considerably positive sputum. During his first few months at Burrow Hill Colony the disease remained active, but later he improved markedly, and on 16.xi.33 he was discharged and took up work in the Parks Department. Reports from the Chief Officer of that Department (31.xii.33 and 5.x.34) state that he shows keenness and energy and is making good progress. His present wages are £2 16*s.* 9*d.*

Up to the present time, thirteen boys have been accepted for further training and employment in the Parks Department. One boy has had to be discharged for medical reasons, and is having further residential treatment, and two others have had a considerable amount of sick leave. The remaining boys are all fit and at work. The reports made by the Chief Officer of the Parks Department on all the boys now employed, with the exception of the four of whom particulars are given above, and of one who only began work on September 27th last, and on whom no report is yet available, are given below.

L. R—. Has developed into a promising under-gardener, and will shortly be recommended for appointment to the permanent staff.

W. E. M—. Appears to be interested, and has improved considerably in work and energy displayed. His superintendent considers that his difficulties are due to " lack of a retentive memory ".

G. A. C—. A very keen and promising young man who is making excellent progress.

F. T. N—. An energetic lad who is making good progress.

H. E. D—. A very keen and interested youth. He is at present on sick leave, but although handicapped by sickness has succeeded in qualifying in the gardening examination.

S. V. W—. Keen, interested and willing, and should in due course become an efficient gardener.

A. A. B—. An energetic and keen youth who is progressing well.

F. J. P—. This lad has had six weeks' sickness, and owing to sick leave during short service report is postponed for a year.

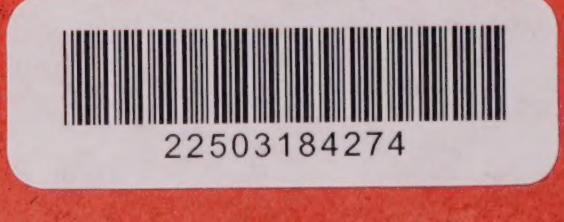
To sum up, as regards the value of the training, the results show that more than 59% of the boys who completed training are in full-time work ; from the point of view of the value of the treatment they show that more than 50% of all the boys are fit for work.

The Administration of the Colony.

This brief account of the colony would be incomplete without some reference to its administration. An institution containing some 80 young men not seriously ill, and varying greatly in temperament, education and character, obviously calls for unusual qualities in its administrative direction. The colony is fortunate in having in Dr. Macpherson, the medical superintendent, and Dr. MacPhail, his assistant, two officers exceptionally well qualified for their respective duties.

(*Signed*) Frederick Menzies,
Medical Officer of Health.

ADLARD AND SON, LIMITED, 21, HART STREET, LONDON, W.C. 1.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